



FALL & WINTER HOLIDAYS

Stay Safe

Thanksgiving kicks off the start of holidays that many families look forward to all year and celebrate together – Hannukkah, Christmas and Kwanza. However, the very things that make holidays so special - travel, big meals and family closeness - are risky during a pandemic. To keep everyone healthy, celebrate this year's holidays in new, safer and more creative ways. Instead of hugs, let's show our love by protecting our families and friends from COVID-19.

Lower Risk

- Travel increases the chance of getting and spreading COVID-19. Staying home is safest, but if you must travel, be aware of the risks involved
- Share a virtual meal with family and friends. Each group prepares its meal, shows off their dishes and shares recipes
- Have a small dinner with only the people who live in your household
- Decorate your home and share virtually with family and friends
- Prepare traditional family recipes for family and neighbors and deliver them in a way that doesn't involve contact with them
- Shop online rather than in stores on the day after Thanksgiving or the next Monday
- Watch sports events, parades, and movies from home

Moderate Risk

- Being indoors increases the risk of getting or spreading COVID-19, so outdoor activities are safer
- Have a small outdoor dinner with family and friends who live in your community. These CDC tips can help you plan it: hosting gatherings or cook-outs
- Attend a small outdoor sports event with safety precautions in place

Higher Risk

Skip these activities this year to protect yourself, your family and community from COVID-19

- Attending large indoor gatherings, including holiday meals, with people from outside of your household
- Shopping in crowded stores just before, on, or after Thanksgiving
- Participating in or being a spectator at a crowded race or parade
- Using alcohol or drugs can cloud judgment and increase risky behaviors

